

↳ Preliminary Rsearch

General Topic:

↳ **Procrastination**

What is

Procrastination

↳ Procrastination is the act of delaying or putting off tasks until the last minute, or past their deadline.

Why on

Procrastination

I wanted to focus on this topic because it relates to me on a personal level. I am one of the biggest procrastinators I know. Especially with working from home, my work habits have completely deteriorated. This made me wonder what contributes to procrastination and productivity.

Subtopics

Procrastination

relationship of mental health on procrastination

psychology behind procrastination & productivity

influence of work environment on procrastination

Subtopics

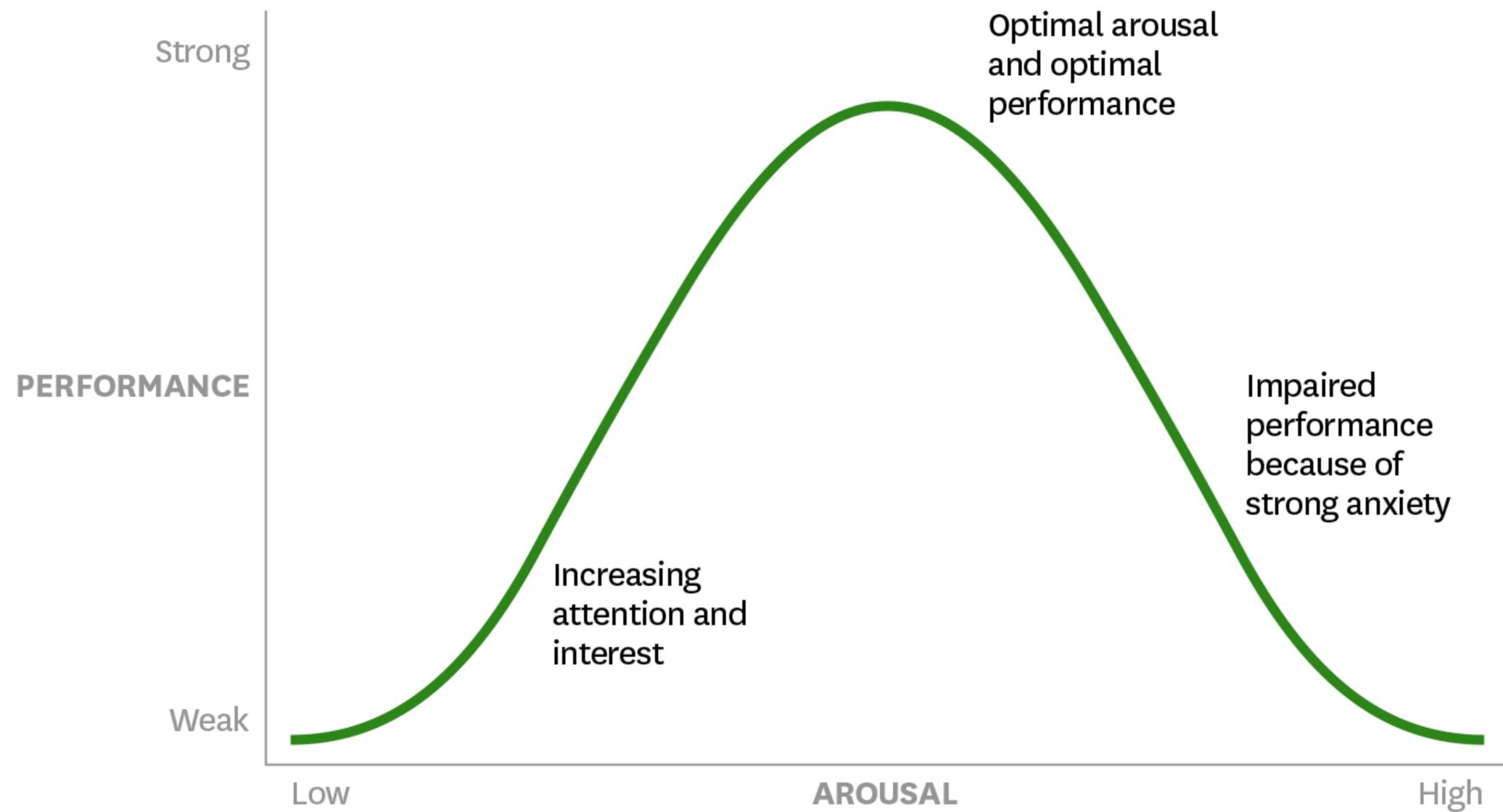
mental health on productivity

I am studying the relationship of mental health on productivity and procrastination because I want to find out how it affects the level of productivity and working habits to help my readers understand why.

According to what is known as “The Yerkes-Dodson law,” performance increases with physiological or mental arousal (stress) but only up to a point. When the level of stress becomes too high, performance decreases.

The Yerkes-Dodson Law

How anxiety affects performance.



SOURCE ROBERT M. YERKES AND JOHN D. DODSON

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Job conditions are relatively more important in understanding diminished productivity at work if workers are in good rather than poor mental health.

Subtopics

psychology behind procrastination & productivity

I am focusing on the psychology behind procrastination & productivity because I want to find out how psychology (ex. personality trait, emotional state etc.) plays along with procrastination and productivity to help my readers understand why people procrastinate while others have a higher level of productivity.

Experts like Tim Pychyl at Carleton University in Canada and his collaborator Fuschia Sirois at the University of Sheffield in the UK have proposed that procrastination is an issue with managing our emotions, not our time. The task we're putting off is making us feel bad – perhaps it's boring, too difficult or we're worried about failing – and to make ourselves feel better in the moment, we start doing something else, like watching videos.

The reality is that if you wait until you're in the right frame of mind to do certain tasks (especially undesirable ones), you will probably find that the right time simply never comes along and the task never gets completed.

Subtopics

influence of work environment on procrastination

I am focusing on the influence of the work environment on procrastination because I want to find out how/why your environment influences how you work to help my readers understand how their physical space attributes to their productivity.

Nick Bloom, who previously identified the productivity gains of WFH in Bloom et al. (2015) said that WFH may lead to a decrease in productivity during the COVID-19 pandemic, simply because people are home working alongside their children, in unsuitable spaces, with no choice and no in-office days (Gorlick 2020).

Temperature, air quality, lighting and noise conditions in the office affect the work concentration and productivity.

↳ Visual Essay

↳ Installation/print

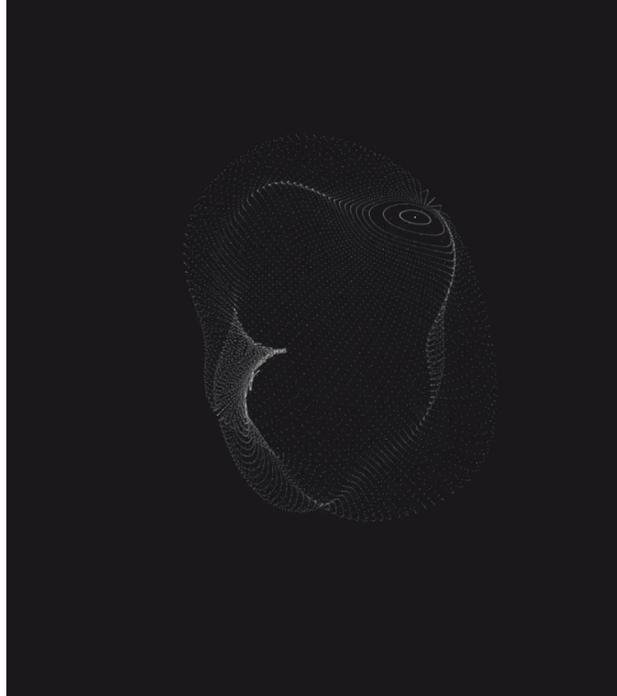
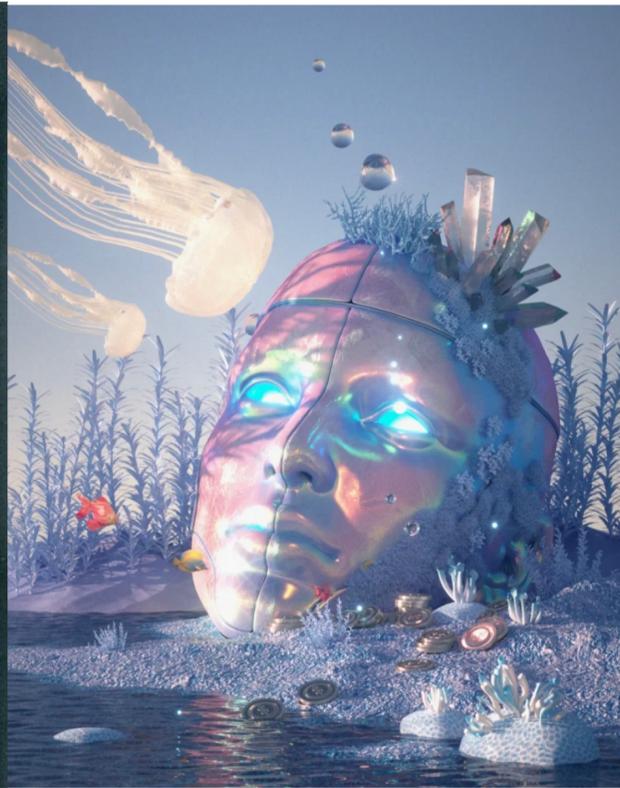
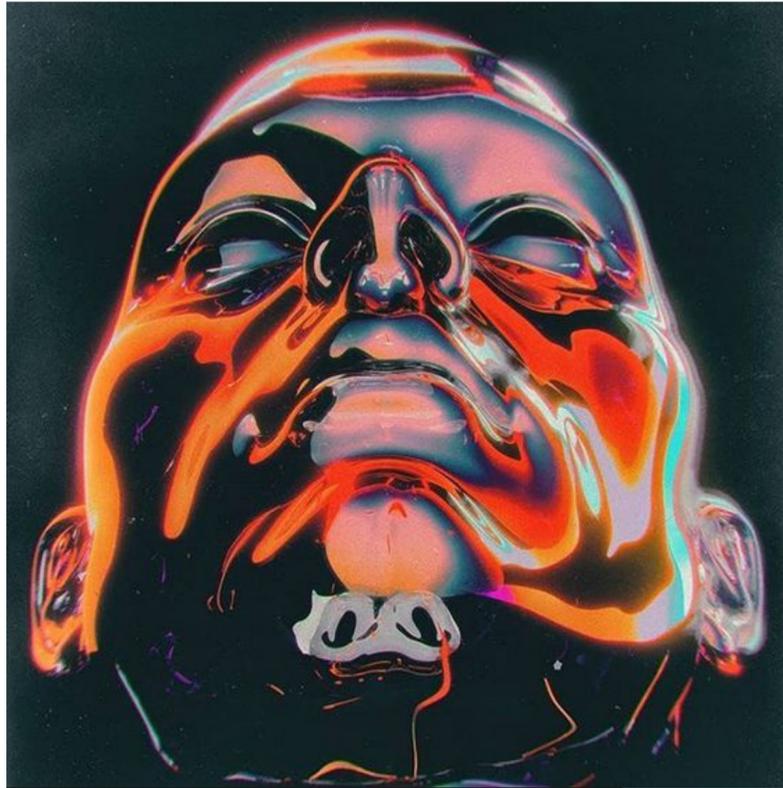
- showcasing the emotions that affects one's productivity and the psychological effects that contributes to productivity
- Using a mix of photography, 3D renders, generative/AI art

↳ Digital

- webpage that showcases different emotions and contributions of procrastination

↳ Moodboard

↳ Moodboard



01 OFF THE
COAST
02 DIORAMA
03 KEY TO
04 CRIMBS

